

SENIOR CLASSES

Beginning Ceramics

Learn various methods of hand building techniques with low fire clay, pinch pots, slab and coil techniques. An \$8 materials fee is due to the instructor on the first day of class to purchase a 25lb. bag of clay.

Senior Center: Arts Studio

Instructor: Maria Counts **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34259	1:00-3:00pm	W	Sep 12-Oct 31	8c	\$65/\$75

Get Healthy, Stay Healthy ♥

Are you ready to get healthy? Want to loose some weight? Maybe you're just tired of feeling tired? This class will give you the tools and simple solutions to take control of your health, your weight and how to eat well and feel great! A \$25 materials fee is due to the instructor on the day of class for a complete lifestyle workbook/resource.

Senior Center: Lounge

Instructor: Bobbi-Lynne Brown **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34234	9:00-11:00am	M	Sep 17	1c	\$25/\$35
34235	9:00-11:00am	Th	Oct 11	1c	\$25/\$35
34236	2:00-4:00pm	Tu	Nov 6	1c	\$25/\$35
34237	2:00-4:00pm	W	Dec 12	1c	\$25/\$35

Oriental Sumi-e Painting

Sumi-e is a unique, ancient art form. The specialized painting techniques have been handed down from one Japanese master to another through the centuries. Artists use rice paper, sumi-e ink, ink stone and brushes. Sumi-e painting is characterized by the use of fundamental brush strokes that are based on simple lines and dots.

Senior Center: Arts Studio

Instructor: Kiyoko Messenger **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34232	1:00-3:00pm	F	Sep 14-Oct 19	6c	\$48/\$58
34233	1:00-3:00pm	F	Nov 2-Dec 7	4c	\$48/\$58

Computer Classes

The Carlsbad Senior Center is very fortunate to have two outstanding professional computer class instructors teaching a full range of classes.

Instructor Harriet Marois has addressed the needs of beginners and others with her fantastic classes:

- Computer Literacy
- Internet Literacy for Seniors
- Computer Keyboarding: Touch Typing
- Computer Spreadsheets: Intro to Excel

Instructor Alan Hopkins has developed an exciting series of 9 computer classes.

There is a series of three classes designed to build your

knowledge of the personal computer:

- System Hardware and Media
- The Windows Operating System
- File Management

Also offered is a series of four classes to help you to master the fundamentals of word processing:

- An Introduction
- Editing and Formatting Documents
- Creating Envelopes, Labels, and Business Cards
- Working with Graphics

In addition, there are three special purpose classes:

- Email/Attachments/Address Book/Folders
- Introduction to Digital Photography

Take one, two, or as many classes as you need to develop a thorough working knowledge of your own personal computer. In each of these stand-alone classes, you will receive both classroom instruction and actual hands-on experience. A complete set of detailed class outlines is available for your review at the front desk of the Senior Center. Stop by and choose the class (or classes) that's right for you.

Computer Literacy

This class demystifies basic computer concepts including hardware, software and Windows. You will learn basic use of the computer from turning it on, to shutting it down. You will learn how to gain control of the mouse, keyboard and display. You will learn about working with Windows, the desktop, and programs to open, create, save and print documents. You will discover over 60 different uses for a computer! Please contact the Senior Center at 602-4650 or stop by for registration information. Small class: maximum of 8 students.

Senior Center: Computer Room

Instructor: Harriet Marois **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34238	9:30-11:30am	W	Sep 5-26	4c	\$50/\$60
34239	9:30-11:30am	M	Oct 1-29	4c	\$50/\$60
34240	9:30-11:30am	M	Nov 5-26	3c	\$38/\$48

Internet Literacy for Seniors

What's so great about the Internet? Find out and have fun in this 'hands-on' class. You will learn to use the Internet and the World Wide Web most effectively. You will learn to find, save, and print images and information while protecting your privacy and security. You'll learn to use 'Google' to its fullest extent. Privacy and security issues are highlighted, including cookies, bugs, viruses, spyware, adware, and firewalls. The class includes best Web sites and popular search topics as well as special topics chosen by students. Small class: maximum of 8 students! PREREQUISITE: Basic computer skills or Computer Literacy class.

Senior Center: Computer Room

Instructor: Harriet Marois **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34241	9:30-11:30am	Th	Sep 6-27	4c	\$50/\$60
34242	9:30-11:30am	W	Oct 3-24	4c	\$50/\$60

Computer Keyboarding (Touch Typing)

One of the single most important 'computer' skills you can learn is old-fashioned typing. These days it's called 'keyboarding'. Anyone can hunt and peck with two fingers, but real keyboarding skill permits you to focus on the computer and the display,

without looking at the keyboard or your fingers. Everything you do on the computer is easier, faster, more accurate and more fun. Whether you are a total beginner or want to improve existing skills, this class is for you! Small class: maximum of 8 students.

Senior Center: Computer Room

Instructor: Harriet Marois **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34243	3:30-5:00pm	Tu	Sep 4-25	4c	\$46/\$56

Intro to PCs

System Hardware & Media

Are you getting ready to buy a new computer system or do you just want to become more familiar with your current computer hardware? Then this class is for you. Here you will be given the chance to take an inside look at the inner workings of a computer. You will learn to identify the individual components of the system, discover how they interrelate with one another, and develop a better understanding of their specifications. You will also learn about the various media that you will be using with your computer system, such as floppy discs, CD's, DVD's, travel drives, etc. This is a 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34245	9:30-11:30am	Tu	Oct 2-9	2c	\$25/\$35

Windows Operating System

The Windows Operating System controls the functions of your personal computer. In this class, you will learn how to properly start and shut down your computer system. You will discover how to deal with the basic functions of Windows, like sizing, moving, cascading, tiling, minimizing, maximizing, and closing a window. In addition, you will learn how to change mouse and keyboard settings, set up your desktop, and select a screen saver. You will also explore the various accessory programs that are supplied with Windows. This is a 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34246	9:30-11:30am	Tu	Oct 23-30	2c	\$25/\$35

File Management

If you only take one class in this series, this is the class for you. It doesn't matter whether you're creating Word files or storing your digital pictures, this is the class that will teach you how to organize your computer files and images. You will learn how to create folders for the files that you create, move or copy files and folders on the Desktop, move or copy files and folders using Windows Explorer, and move or copy files and folders from one drive to another. You will also learn how to create folders when saving from an application program, such as Microsoft Word. This is an invaluable 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34247	9:30-11:30am	Tu	Nov 6-13	2c	\$25/\$35

Intro to Word 2000

An Introduction

This class begins your word processing learning experience. Here you will sample a variety of documents that can be produced using Microsoft Word 2000, such as letters, envelopes, labels, flyers, and newsletters. You will explore the many features of the Word screen, including the Menu bar, various Toolbars, Status bar and Task bar. Before you're through, you will have created, edited, formatted, saved, and printed your first document. This is a 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34248	1:00-3:00pm	Tu	Oct 2-9	2c	\$25/\$35

Editing & Formatting

In this class you will learn the many ways to edit and format your documents. This is where you will learn to copy and paste, change fonts, check for spelling and grammar, change the appearance of the text, add bullets or numbers, insert page breaks, add page numbers, set margins, and much more. This is a 6 hour, 3 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34249	1:00-3:00pm	Tu	Oct 23-Nov 6	3c	\$35/\$45

Intro to Word

Create Envelopes & Labels

In this class you will learn to create and print envelopes and labels of various types and sizes. And if you so desire, we may even create a special business card just for you. This is a 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34250	1:00-3:00pm	Tu	Nov 13-20	2c	\$25/\$35

Working with Graphics

This is where you can get creative with your Word documents. Here you will explore the many uses of the Drawing toolbar to create lines, arrows and shapes; add color and WordArt; and insert clip art and pictures into your documents. We'll teach you how to use these tools, all you need to do is apply your creative imagination. This is a 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34252	1:00-3:00pm	Tu	Nov 27-Dec 4	2c	\$25/\$35

Email/Attachments/Address Book/Folders

In this class you will learn to compose and send e-mail; insert pictures, sounds, and web site links; add attachments; create and manage an

address book; and make folders for filing your e-mail messages. Through the use of classroom instruction and actual hands-on experience, you will soon be sending and receiving e-mail with the best of them. You will also master the technique of downloading and finding attachments. Never again will you have to wonder, where did that downloaded attachment end up? This is a 6 hour, 3 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34254	9:30-11:30am	Tu	Nov 20-Dec 4	3c	\$35/\$45

Computer Spreadsheets: Intro to Excel

Unleash the calculating power of your computer! Learn to use Microsoft Excel! In this 'hands-on' class, you will learn the lingo first and then learn to create, format and print spreadsheets, enter and edit data, use formulas and functions, create graphs and use templates. Class includes demos and projects to create a personal database of friends and associates, an automated personal budget and a spreadsheet for financial or retirement planning. Small class: maximum of 8 students! **PREREQUISITE:** Basic computer skills (or Computer Literacy class) with ability to use mouse to point, click, double click and drag.

Senior Center: Computer Room

Instructor: Harriet Marois **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34253	9:30-11:30am	Th	Oct 4-25	4c	\$50/\$60

Optimal Internet: Tips, Techniques & Strategies

Maximize your use of the Internet! Make it work for you. Learn the best search techniques to find accurate information quickly and easily. Have more fun, save time and get better results. Get to the best Web sites. Class includes tips, techniques and resources for popular topics including health/medicine, travel, money/finance, and shopping. Students are encouraged to explore their own interests on the Internet. Small class: limited to 8 students! **PREREQUISITE:** Basic Internet skills or class in Internet Basics.

Senior Center: Computer Room

Instructor: Harriet Marois **Age: 55Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34244	9:30am-11:30am	Th	Nov 1-29	4c	\$50/\$60

Introduction to Digital Photography

Been thinking of buying a new digital camera or upgrading the one you already own? Then this class is for you. Here you will learn about the many things that should be considered when choosing a new digital camera, like price, resolution, optical versus digital zoom, features, as well as essential and other extras. You will also receive an overview of what to do once your pictures are in your camera; like how to download them to your computer; organize, rename and file them; and a bit about retouching. This is a 6 hour, 3 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34255	9:30-11:30am	Tu	Sep 11-18	2c	\$25/\$35
34256	1:00-3:00pm	Tu	Sep 11-18	2c	\$25/\$35
34257	9:30-11:30am	Tu	Dec 11-18	2c	\$25/\$35
34258	1:00-3:00pm	Tu	Dec 11-18	2c	\$25/\$35

SENIOR SAFARI EXCURSIONS

Please call the Carlsbad Senior Center at 602-4650 to set up your Family ID and PIN number if you would like to register on-line. **Some programs may have specialized refund policies. Please check with staff if you have questions.** Thank you!

Note: All Senior Safari excursions require a certain amount of walking.

Legend for Class Information:

Term	Duration of the class
d	Day(s)

Las Vegas Escape

It is that time of year for our annual trip to Las Vegas. Our host Hotel is the Golden Nugget and we will each have two nights' accommodations there and of course their welcome cocktail, and buffet coupon. The Wynn hotel and casino will be a side-trip. This is always a fun excursion and we hope you will join us again this year. For those who want a single room please contact the front desk at the Carlsbad Senior Center 602-4650 to arrange for the extra fee of \$50.

Senior Center: Parking Lot

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32969	8:00am-6:00pm	M-W	Sep 3-5	3d	\$145/\$155

The Dead Sea Scrolls

The San Diego Natural History Museum is presenting the Dead Sea Scrolls, a unique exhibition full of great mystery, intrigue and significance. They are widely acknowledged to be among the greatest archaeological treasures ever discovered. This will be a self guided tour and audio tapes are available if you would like. The museum has been granted the unusual opportunity for a six month exhibit Upon arrival you will enjoy a specially catered lunch at the museum's Rooftop Terrace Restaurant.

Senior Center: Parking Lot

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32914	11:30am-6:00pm	Th	Sep 13	1d	\$78/\$88